



# Harmony Valley Farm

Producers of Fine Organic Produce & Beef

An Update for Our Community Supported Agriculture Members - Since 1993

## Madison and Local Edition

### Immigration—Part II What Do We Get When We Build a Wall?

By Richard de Wilde

As a concession to Conservatives, the latest version of the immigration bill includes plans for tightening border security and clamping down on illegal workers and their employers. Is building a long wall and adding more cameras and officers to the border the way to solve migrant labor issues?

Firstly, what are we building the wall for? Will it keep out potential terrorists? No, they simply fly into the country on false passports or cross illegally after flying to Canada. Let's get real, it is not about terrorists. Drugs? Well, maybe, but they mostly come in larger quantities by tractor-trailer, in produce shipments, by boat, or by plane. Human beings just can't carry an economical quantity of illegal drugs. Of course, tighter border security does make it profitable for the same criminal element that smuggles drugs in to now smuggle humans in quantity by tractor-trailer, boat, or by air.

What a dilemma for the human border guards, trained to respond with 'deadly force' to criminal elements who have big guns and the economic incentive to use them, but mostly they confront poor, displaced farmers seeking a temporary job up North. 'Deadly force' is not appropriate and has led to innocent deaths and a real dilemma for the border guards. The truth is we are building a wall to keep poor Mexicans from coming north for job opportunities. Why are there not the same opportunities in Mexico? Yes, Mexico has problems with corruption, as do we, and should be doing more to provide domestic jobs that sustain and keep workers at home. Mexico probably should have nixed the NAFTA agreements and protected their own subsistence

farmers.

The original architects of free trade envisioned a free flow of goods, and a free flow of labor, as well as universal worker and environmental standards. But what we got is a free flow of taxpayer subsidized corn to Mexico which ruined the local market for Mexican farmers growing a few acres of corn for the tortilla market. After those farmers head North to seek work, corn prices doubled to \$4 per bushel, tortilla prices doubled, and poor people revolted. But most of the Mexican corn farmers are already up North working, while their family, culture and home is in Mexico. They would like to return home to visit, but there's the wall! Does it keep people out or does it keep them from freely traveling from their job to their home and family? From personal experience, most Mexican workers do not want to be US citizens! They simply want to work, with dignity, and return to their home.

A large part of the money earned is sent back to Mexico to support families and build new houses. This is a very effective form of foreign aid, as it goes directly to the families that need it and not to corrupt politicians.

One of the biggest obstacles to legislative reform of immigration laws has to do with



Everyone enjoying our lunch together  
prepared by Chef Andrea Yoder

### This Week's Box

#### Green Week

- ♥ **ARROWHEAD NAPA , OR RED CABBAGE:** Make delicious cabbage rolls
  - ♥ **BROCCOLI:** Add to a chicken and rice casserole
  - ♥ **CHIOGGIA BEETS:** Pair well with fennel, see recipe on back
  - ♥ **RED CURRANTS:** A beautiful addition to vegetable salads, see recipe on back
  - ♥ **FENNEL:** See feature on back
  - ♥ **GREEN TOP CARROTS:** Sweet hand-held snack for the kids
  - ♥ **SUGAR SNAP OR SNOW PEAS:** Great in stir-fries
  - ♥ **STRAWBERRIES:** Savor their sweetness over a bowl of ice cream
  - ♥ **SCALLIONS:** Add to a sandwich
  - ♥ **ZUCCHINI, SCALLOP, OR SUMMER SQUASH:** Add to stir-fries
  - ♥ **WHITE TURNIPS:** Add to stews, soups, and casseroles
- CHOICE**
- ♥ **CILANTRO:** Tasty addition to guacamole and salad dressings

'amnesty.' For those who have crossed the border illegally and now fear to return to Mexico because of our stepped up border security, do we 'give' them a way to be here on a legal visa (this is not citizenship), or do we consider them common criminals to be shackled and deported? Are we a nation with compassion that treats those less fortunate as human beings, with the respect they deserve, or as criminals? We at Harmony Valley Farm have made our decision for dignity and respect. We hope our legislators will do likewise!

## By the Way....

There is a concern from environmentalists that our natural resources cannot sustain a larger immigrant population. I would suggest that we must be willing to reduce our own footprint on the earth before we forbid foreign workers from seeking jobs that go unfilled by domestic workers!

## Looking for a change? May we be your match?

We have an immediate need for a well-rounded person with office skills. Some great new ideas have been generated and initiated for this season, and we are now in need of a diligent person to implement them. In this full-time plus position, you will be an integral member of the farm functioning as the conduit between farm operations and our CSA members. Responsibilities include responding to member emails and phone calls, and doing computer work, using such programs as Pagemaker, Photoshop, Access, Excel, and website maintenance. Knowledge and commitment to organic farming is essential, as well as good communication, organization, and writing skills, a customer-service focus, an attention to detail, and the flexibility to adapt to the ever-changing nature of a farm. The challenge is high and the learning curve is steep, but the food is excellent and the customer satisfaction is great. If you are interested in learning about organic farming in all aspects, this could be your classroom. Richard promises to teach you all he knows about organic growing, if you have lots of interest and a couple of years to absorb it all! We are able to provide living accommodations for a single person in an on-farm cabin. If you are looking for a change and are willing to immerse yourself in an organic farming culture, we would love to invite you to be part of our team.

Please send your resume to

Richard de Wilde at

Richard@harmonyvalleyfarm.com

## Summer Barn Dance

Mark your calendars to come to our farm on Saturday, July 14th for the Summer Barn Dance! Festivities begin at 2:00 PM. Come for fine dancing, music, and lots of tasty food!

## VEGETABLE OF THE WEEK: FENNEL

If you are holding your fennel and thinking, “what am I going to do with this crazy looking vegetable,” rest assured that there are many fennel opportunities awaiting you. Fennel is a vegetable native to the Mediterranean region and is used extensively, especially in Italian cuisine. The plant grows a swollen bulb with stalks extending out of it that support the feathery, bright green fronds that give the appearance of a soft, green cloud when they are still in the field. Fennel has a mild licorice flavor and can be eaten raw or cooked. When eaten raw, it has a crisp, refreshing flavor and is a great way to start off a meal with a crudite or antipasto platter or a vegetable salad. It pairs well with fruits and cheeses at the end of a meal. Cooking mellows the flavor and texture, lending it a more sophisticated yet reserved presence. It can be braised in a broth, grilled, roasted, sautéed, or boiled. It is a flavorful addition to soups, sauces, and stews. Fennel pairs well with seafood, bacon, pancetta, olive oil, garlic, tomatoes, anchovies, parmesan, mushrooms, onions, potatoes, citrus fruits and cream. In addition to the bulb, the stalks and fronds have uses as well. The feathery fronds are a nice addition to salads or add flavor when used to stuff the cavity of roasted poultry or fish. The stalks can be added to stocks or soups, or dry them and put them on the charcoal the next time you are grilling to infuse a mild licorice flavor.

The outer layers of the bulb become a bit more fibrous the larger the vegetable becomes and may need to be removed or shaved off a bit with a vegetable peeler. If slicing to use in a salad, cut the bulb in half and trim out the core. If you are using larger pieces and want the bulb to stay intact, do not remove the entire core as it will hold the bulb together. Fennel will start to turn a bit brown when cut, so hold it in water with lemon juice after it is cut. To store fennel, remove the stalks and fronds and store both separately in perforated plastic in your vegetable crisper.

## Fennel and Beet Salad with Honey and Lemon Vinaigrette

Juice and zest of 2 lemons	2 medium fennel bulbs
1 Tbsp honey	½ cup chopped fennel fronds
1/8 tsp ground white pepper	8 baby beets, cooked, cooled and peeled
½ tsp salt	1/3 cup fresh currants (optional)
¼ cup vegetable oil	

-In a medium bowl, combine lemon juice and zest, honey, white pepper, and salt. Slowly drizzle in oil while whisking.

-Slice fennel bulbs thinly and cut beets into quarters. Add both, along with currants and fronds to the lemon dressing.

-Refrigerate for at least an hour before serving. Serves 4.

## Green Top Carrot Soup

4 green top carrots with greens	½ cup vegetable stock or water
2 bulbs fennel with fronds	1 can (14 oz) coconut milk
2 scallions, sliced thin	¼ tsp ground black pepper
2 Tbsp butter	1½ tsp salt
1 bay leaf	2 Tbsp fresh basil, chiffonade

—Remove green tops from carrots and chop coarsely, set aside; cut carrots into small dice. Remove stalks and fronds from fennel bulbs. Coarsely chop the fronds and stalks, set aside with carrot tops. Cut fennel bulbs into small dice and add to carrots.

—In a medium saucepan, melt butter. Add scallions and sauté until softened. Add carrot tops and fennel fronds and stalks. Add vegetable stock, coconut milk, salt, pepper, and bay leaf. Bring to a simmer and cook for about 10 minutes. Remove from heat and puree in a blender. Return the soup to the saucepan and bring back to a simmer. Add diced carrots and fennel and simmer until vegetables are tender. Immediately prior to serving, add basil and adjust seasoning. Serves 3-4.